**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 26: Breakdown of the Protein Rich Foods Reported by California Children**

| Protein Rich Foods | Mean Servings |
|---|---|
| **Total** | **2.4** |
| Beef, pork and other red meats | 0.8 |
| Poultry and fish | 0.7 |
| Processed meats | 0.4 |
| Nuts and seeds | 0.3 |
| Eggs | 0.2 |
| Other protein rich foods | 0.1 |

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**Table 27: Total Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

| | Reported Mean Servings | | |
|---|---|---|---|
| | **All Protein Rich Foods** | **Beef, Pork and Other Red Meats[1]** | **Poultry and Fish[2]** |
| **Total** | **2.4** | **0.8** | **0.7** |
| **Gender** | | | |
| Males | 2.6 *** | 0.9 ** | 0.7 |
| Females | 2.2 | 0.7 | 0.7 |
| **Ethnicity** | | | |
| White | 2.2[a] *** | 0.7[a] ** | 0.6[a] *** |
| African American | 3.0[c] | 0.9[ab] | 1.1[b] |
| Latino | 2.6[bc] | 0.9[b] | 0.7[a] |
| Asian/Other | 2.4[ab] | 0.7[a] | 0.8[ab] |
| **Income** | | | |
| $\leq$$19,999 | 2.9[c] *** | 1.1[b] *** | 0.6[a] *** |
| 20,000 - $49,999 | 2.5[b] | 0.8[a] | 0.8[b] |
| $\geq$$50,000 | 2.2[a] | 0.7[a] | 0.6[a] |
| **School Type** | | | |
| Public | 2.4 | 0.8 * | 0.7 |
| Other | 2.3 | 0.6 | 0.7 |
| **Overweight Status** | | | |
| Not at Risk | 2.4 | 0.8 | 0.7 |
| At Risk/Overweight | 2.5 | 0.9 | 0.8 |
| **Food Stamps** | | | |
| Yes | 3.0 ** | 0.9 | 1.0 ** |
| No | 2.3 | 0.8 | 0.7 |
| **Physical Activity** | | | |
| $\geq$60 minutes | 2.6 ** | 0.8 | 0.8 *** |
| <60 minutes | 2.3 | 0.8 | 0.6 |
| **School Breakfast** | | | |
| Yes | 2.8 *** | 0.9 | 0.9 ** |
| No | 2.3 | 0.8 | 0.7 |
| **School Lunch** | | | |
| Yes | 2.5 | 0.9 *** | 0.7 |
| No | 2.4 | 0.7 | 0.7 |
| **Nutrition Lesson** | | | |
| Yes | 2.5 | 0.8 | 0.7 |
| No | 2.4 | 0.8 | 0.7 |
| **Exercise Lesson** | | | |
| Yes | 2.5 | 0.8 | 0.7 |
| No | 2.3 | 0.8 | 0.7 |

[1] This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

[2] This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
  * p<.05
 ** p<.01
*** p<.001

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## Table 28: Range in Number of Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of protein did you/your child eat?

| | Servings of All Protein Rich Foods Reported, Percent of Children | | | |
|---|---|---|---|---|
| | 0-1 | 2 | 3+ | |
| **Total** | 28 | 42 | 29 | |
| **Gender** | | | | |
| Males | 21 | 46 | 33 | *** |
| Females | 36 | 39 | 25 | |
| **Ethnicity** | | | | |
| White | 32 | 44 | 23 | *** |
| African American | 14 | 30 | 56 | |
| Latino | 26 | 44 | 30 | |
| Asian/Other | 30 | 39 | 30 | |
| **Income** | | | | |
| ≤$19,999 | 24 | 33 | 43 | *** |
| 20,000 - $49,999 | 26 | 47 | 27 | |
| ≥$50,000 | 32 | 43 | 25 | |
| **School Type** | | | | |
| Public | 28 | 43 | 29 | |
| Other | 36 | 36 | 29 | |
| **Overweight Status** | | | | |
| Not at Risk | 30 | 41 | 28 | |
| At Risk/Overweight | 25 | 43 | 32 | |
| **Food Stamps** | | | | |
| Yes | 23 | 31 | 46 | *** |
| No | 30 | 43 | 27 | |
| **Physical Activity** | | | | |
| ≥60 minutes | 26 | 44 | 31 | |
| <60 minutes | 31 | 42 | 28 | |
| **School Breakfast** | | | | |
| Yes | 22 | 34 | 44 | *** |
| No | 30 | 44 | 26 | |
| **School Lunch** | | | | |
| Yes | 28 | 41 | 30 | |
| No | 29 | 44 | 27 | |
| **Nutrition Lesson** | | | | |
| Yes | 26 | 43 | 31 | |
| No | 32 | 41 | 26 | |
| **Exercise Lesson** | | | | |
| Yes | 25 | 44 | 31 | * |
| No | 35 | 39 | 26 | |

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
   * p<.05
*** p<.001

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**Table 29: Range in Number of Servings of Beef, Pork and Other Red Meats[1] Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

| | Servings of Beef, Pork and Other Red Meats Reported, Percent of Children | | | |
|---|---|---|---|---|
| | 0[2] | 1 | 2+ | |
| **Total** | 54 | 37 | 9 | |
| **Gender** | | | | |
| Males | 51 | 38 | 12 | |
| Females | 57 | 36 | 8 | |
| **Ethnicity** | | | | |
| White | 56 | 36 | 8 | |
| African American | 48 | 41 | 11 | |
| Latino | 49 | 39 | 12 | |
| Asian/Other | 66 | 29 | 5 | |
| **Income** | | | | |
| ≤$19,999 | 37 | 47 | 16 | *** |
| 20,000 - $49,999 | 55 | 36 | 9 | |
| ≥$50,000 | 60 | 33 | 7 | |
| **School Type** | | | | |
| Public | 52 | 38 | 10 | * |
| Other | 67 | 27 | 6 | |
| **Overweight Status** | | | | |
| Not at Risk | 55 | 36 | 9 | |
| At Risk/Overweight | 50 | 37 | 13 | |
| **Food Stamps** | | | | |
| Yes | 48 | 37 | 15 | |
| No | 55 | 36 | 9 | |
| **Physical Activity** | | | | |
| ≥60 minutes | 53 | 38 | 10 | |
| <60 minutes | 55 | 36 | 9 | |
| **School Breakfast** | | | | |
| Yes | 46 | 43 | 10 | |
| No | 56 | 35 | 9 | |
| **School Lunch** | | | | |
| Yes | 47 | 42 | 11 | *** |
| No | 66 | 28 | 7 | |
| **Nutrition Lesson** | | | | |
| Yes | 52 | 39 | 9 | |
| No | 57 | 33 | 10 | |
| **Exercise Lesson** | | | | |
| Yes | 53 | 38 | 9 | |
| No | 56 | 34 | 10 | |

[1] This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

[2] Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
   * p<.05
*** p<.001

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**Table 30: Range in Number of Servings of Poultry and Fish[1] Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

| | Servings of Poultry and Fish Reported, Percent of Children | | |
|---|---|---|---|
| | 0[2] | 1 | 2+ |
| **Total** | 60 | 32 | 8 |
| **Gender** | | | |
| Males | 60 | 32 | 8 |
| Females | 60 | 32 | 8 |
| **Ethnicity** | | | |
| White | 63 | 32 | 4 | ** |
| African American | 49 | 33 | 18 |
| Latino | 61 | 30 | 10 |
| Asian/Other | 50 | 41 | 9 |
| **Income** | | | |
| ≤$19,999 | 65 | 26 | 9 | ** |
| 20,000 - $49,999 | 54 | 34 | 11 |
| ≥$50,000 | 62 | 33 | 4 |
| **School Type** | | | |
| Public | 60 | 32 | 8 |
| Other | 58 | 38 | 4 |
| **Overweight Status** | | | |
| Not at Risk | 60 | 33 | 7 |
| At Risk/Overweight | 60 | 31 | 10 |
| **Food Stamps** | | | |
| Yes | 49 | 35 | 16 | ** |
| No | 61 | 32 | 7 |
| **Physical Activity** | | | |
| ≥60 minutes | 54 | 34 | 12 | *** |
| <60 minutes | 65 | 31 | 5 |
| **School Breakfast** | | | |
| Yes | 53 | 32 | 15 | ** |
| No | 61 | 32 | 6 |
| **School Lunch** | | | |
| Yes | 59 | 33 | 9 |
| No | 62 | 31 | 7 |
| **Nutrition Lesson** | | | |
| Yes | 60 | 31 | 8 |
| No | 59 | 34 | 7 |
| **Exercise Lesson** | | | |
| Yes | 59 | 34 | 8 |
| No | 62 | 30 | 8 |

[1] This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

[2] Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
  ** p<.01
*** p<.001

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**Table 31: Range in Number of Servings of Processed Meats[1] Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

| | Servings of Processed Meats Reported, Percent of Children | | |
|---|---|---|---|
| | 0[2] | 1+ | |
| **Total** | **79** | **21** | |
| **Gender** | | | |
| Males | 76 | 24 | * |
| Females | 82 | 18 | |
| **Ethnicity** | | | |
| White | 80 | 20 | |
| African American | 66 | 34 | |
| Latino | 80 | 20 | |
| Asian/Other | 79 | 21 | |
| **Income** | | | |
| ≤$19,999 | 69 | 31 | ** |
| 20,000 - $49,999 | 82 | 18 | |
| ≥$50,000 | 80 | 20 | |
| **School Type** | | | |
| Public | 78 | 22 | |
| Other | 82 | 18 | |
| **Overweight Status** | | | |
| Not at Risk | 80 | 20 | |
| At Risk/Overweight | 75 | 25 | |
| **Food Stamps** | | | |
| Yes | 68 | 32 | ** |
| No | 80 | 20 | |
| **Physical Activity** | | | |
| ≥60 minutes | 81 | 19 | |
| <60 minutes | 77 | 23 | |
| **School Breakfast** | | | |
| Yes | 66 | 34 | *** |
| No | 81 | 19 | |
| **School Lunch** | | | |
| Yes | 79 | 21 | |
| No | 78 | 22 | |
| **Nutrition Lesson** | | | |
| Yes | 77 | 23 | |
| No | 82 | 18 | |
| **Exercise Lesson** | | | |
| Yes | 76 | 24 | ** |
| No | 85 | 15 | |

[1] This protein variable includes all processed meats (i.e. sausage, lunch meat, bacon, hot dogs, bologna, chorizzo, etc.)

[2] Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
   * p<.05
  ** p<.01
*** p<.001

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